

Creating a Healthier You



Good to KNOW



June Men's Health Month

June 7 National Cancer Survivors Day

June 21 Father's Day



Triple Antioxidant Yogurt Popsicles

PREP TIME: 10 mins | FREEZE TIME: 3 hrs
12 SERVINGS

Mix and match whatever fruits or yogurt flavors you have on hand.

Ingredients

- 1 cup strawberries
- 1 cup blueberries
- 1 cup blackberries
- 2 cups vanilla yogurt
- ¼ cup orange juice
- 1 tbsp. honey



Directions

Place all ingredients into a blender or food processor and process until smooth, scraping down the sides as needed.

Pour mixture into 12 popsicle forms per the product's instructions and place in the freezer for at least 3 hours before serving.

Remove the bar from the popsicle form and enjoy.



Comprehensive Cancer Care Network

Screening delays creates concern

"How delays in screenings actually impact ultimate outcomes is uncertain," says [Maurie Markman, MD](#), President of Medicine & Science for Cancer Treatment Centers of America® (CTCA). "However, in the presence of early symptoms, it is possible that a delay could lead to worsening of the symptoms, negatively impact quality of life, lead to the necessity of more aggressive surgery, and result in a higher stage of disease."

A sweeping new study of patients in dozens of hospitals nationwide shows significant declines in the numbers of screenings

intended to detect early signs of cancer. According to the study by the Epic Health Research Network, as the pandemic was taking hold nationwide, [appointments dropped sharply](#) for patients being screened for [breast cancer](#) (94 percent), [colon cancer](#) (86 percent) and [cervical cancer](#) (94 percent). The study looked at 2.7 million patients from 190 hospitals in 23 states and compared the numbers of weekly screening appointments made from 2017 to 2019 to appointments made during March 2020.

Who should get screened?

[New federal guidelines](#) have lifted restriction on "non-essential" procedures, allowing hospitals to welcome more patients back for follow-up appointments, elective procedures and cancer screening and diagnostic tests. If you have had growing concerns about your cancer risk or have symptoms of concern, now is the time to consult your doctor, experts say. "Any individual who has specific symptoms of concern that may be associated with cancer should see a health care provider," Dr. Markman says. "Of course, the particular symptoms will relate to specific types of cancer." Common symptoms of cancer include:

- Extreme fatigue
- Lumps
- Redness, rashes or growing moles on the skin
- Excessive bleeding
- Changes in bowel movements or while urinating
- Changes in the breasts
- Changes in eating habits or appetite or difficulty swallowing

You may also consider making an appointment to get screened immediately if:



You had a screening canceled or postponed. It's important to reschedule a planned cancer screening procedure as soon as possible.

You're overdue. If you did not make a recommended screening appointment, such as a 10-year colonoscopy, before the pandemic, but are due or overdue for one, now may be the time.

You are concerned about your risk.

Are you or were you a smoker? Do you have a family history of cancer? Have you been exposed to risk factors? If you have concerns, consider scheduling your cancer screening sooner rather than later.

If you're a cancer survivor or in active treatment and are concerned about how COVID-19 may impact you or your care, please contact your care team.